केन्द्रीय माध्यमिक शिक्षा बोर्ड
(मानव संसाधन विकास मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)
CENTRAL BOARD OF SECONDARY EDUCATION
(An Autonomous Organisation under the Ministry of Human Resource Development, Govt. of India)

CBSE/DIR./SE&T/Fit India/2020 **14.08.2020**

Notification No: 72/2020

NOTIFICATION

Fit India Freedom Run from 15th August to 2nd October 2020

CBSE in association with Fit India has been conducting various activities for the overall physical, emotional, and mental well-being of our stakeholders especially the school students.

With the motto ***"RUNNING: The human body's most raw form of FREEDOM"***, ***Fit India Movement*** is conducting **Fit India Freedom Run from 15th August – 2nd October 2020** to encourage fitness and help all citizens to get freedom from obesity, laziness, stress, anxiety, diseases etc. The concept behind this run is that "**It can be run anywhere, anytime!"**

Participants

- Run a route of their choice, at a time that suits them.
- Break-up your runs.
- Run their own race at their own pace.
- Track kms manually or by using any tracking app or GPS watch.
- Post their pictures on their social media with #Run4India

Please Note that:

- School will upload the data of total number of participation and cumulative distance covered by the participants on the Fit India Portal. www.fitindia.gov.in
- CBSE and FIT INDIA Mission advise the Schools and individuals to follow the social distancing norms and encourage the new normal of 'virtual runs' as is being practiced by runners / walkers across the world.

All Schools affiliated to CBSE are therefore, requested to share the information about the event with all students , teachers& staff, so that maximum number of students, teachers, staff and their families can run/walk for Fit India Freedom Run from 15th August to 2nd October on any day(s) .

For any query and feedback, the schools may visit https://fitindia.gov.in/fit-india-freedom-run/

(Dr. BiswajitSaha)
Director (Training and Skill Education)

Copy to the respective Heads of Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:

1. The Commissioner, KendriyaVidyalayaSangathan, 18-Institutional Area, Shaheed Jeet Singh Marg, Delhi-110016.
2. The Commissioner, NavodayaVidyalayaSamiti, B-15, Sector-62, Institutional Area, Noida 201309.
3. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110054
4. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
5. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
6. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791 111
7. The Director of Education, Govt. of A&N Islands, Port Blair - 744101
8. The Director, Central Tibetan School Administration, ESSESS Plaza,Community Centre,Sector 3,Rohini
9. The Additional Director General of Army Education, A–Wing,SenaBhawan,DHQ, PO,New Delhi-110001
10. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
11. All Regional Directors/Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions for compliance.
12. All Director/Heads/ In-Charges, COEs of the Board with request to disseminate the information
13. All Joint Secretary/Deputy Secretary/Assistant Secretary, CBSE
14. In charge IT Unit with the request to put this circular on the CBSE Academic website
15. The Public Relations Officer, CBSE
16. EO to Chairperson, CBSE
17. SPS to Secretary, CBSE
18. SPS to Director (Information Technology), CBSE
19. SPS to Director (Academics) CBSE.
20. SPS to Controller of Examinations, CBSE
21. SPS to Director (Skill Education), CBSE
22. SPS to Director (Professional Exam), CBSE

Director (Training and Skill Education)

SOP (Standard Operating Procedure)

For Schools for **FIT INDIA FREEDOM RUN Event**

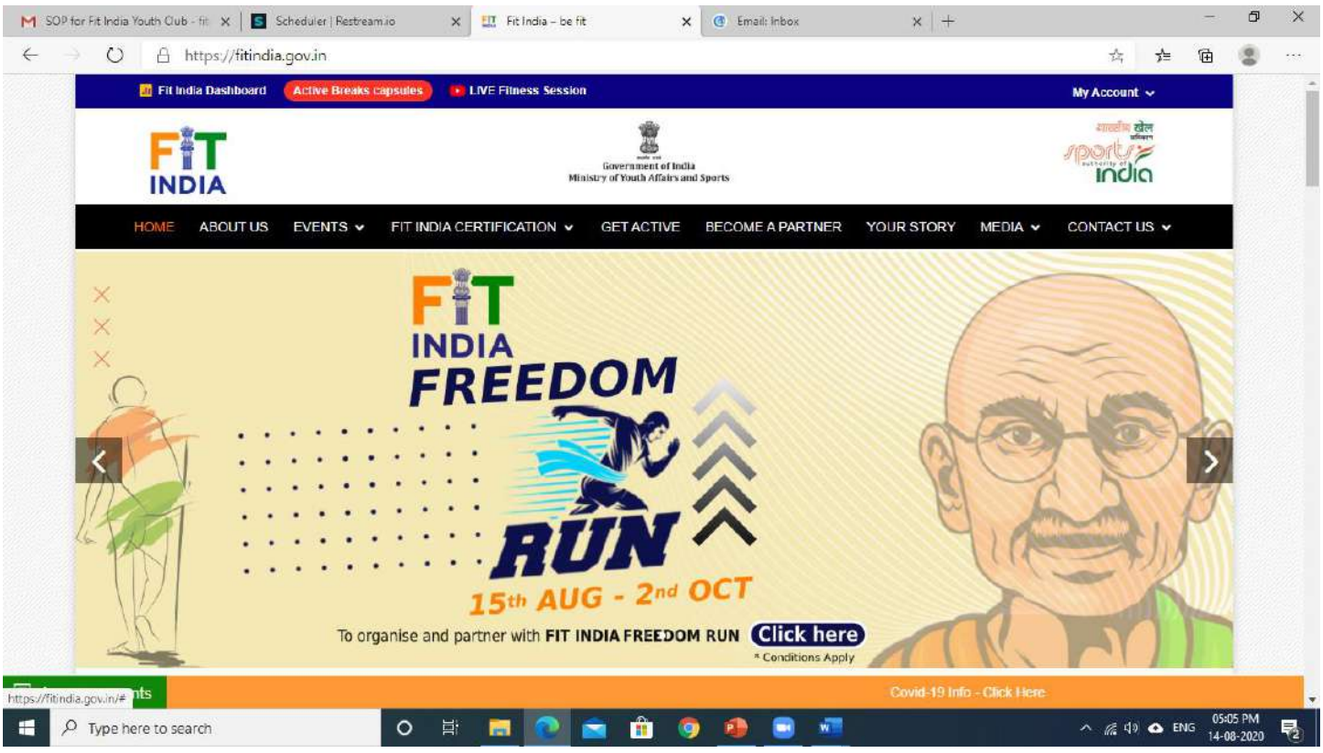
1. **School will request students, their families, staff to run/ walk for Fit India Freedom Run from 15th August to 2nd October on any day(s).**

2. **Participants**
   a. **run a route of their choice, at a time that suits them;**
   b. **run their own race at their own pace;**
   c. **track kms manually or by using any tracking app or GPS watch;**
   d. **post their pictures on their social media with #Run4India**

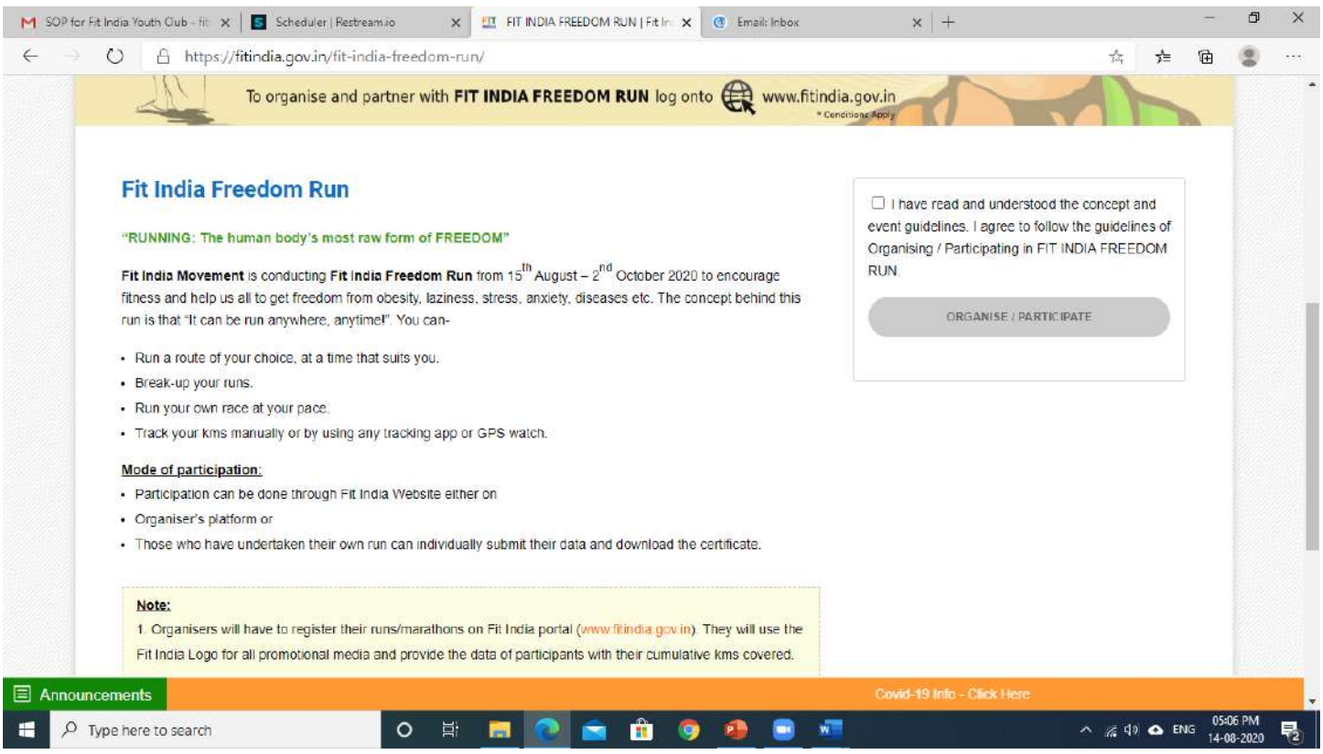
3. **School will upload the data of total number of participants and cumulative distance covered by the participants on Fit India Portal.**

How to register and upload the data on Fit India portal-

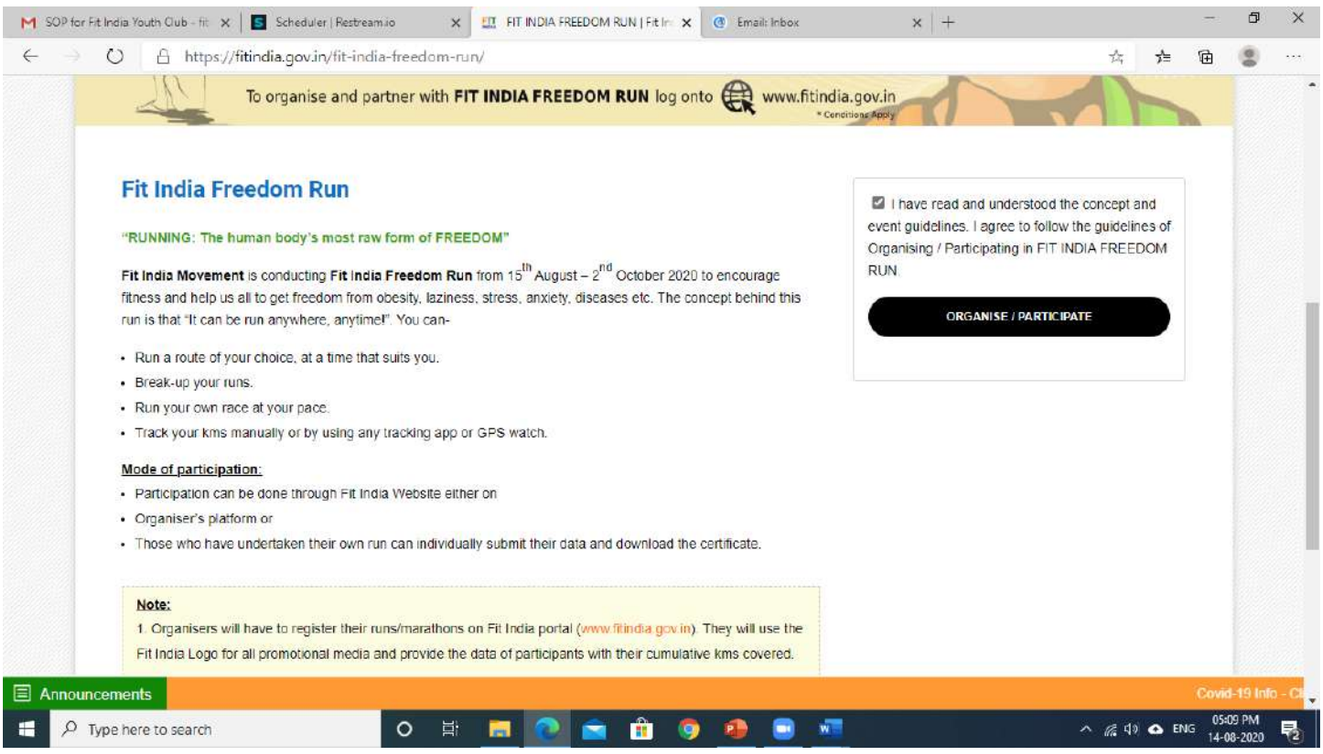
Step-1: On your desktop/Laptop/Mobile please open the internet browser (chrome/google) and on the top address bar please type **www.fitindia.gov.in** once you open the website below screen will appear.



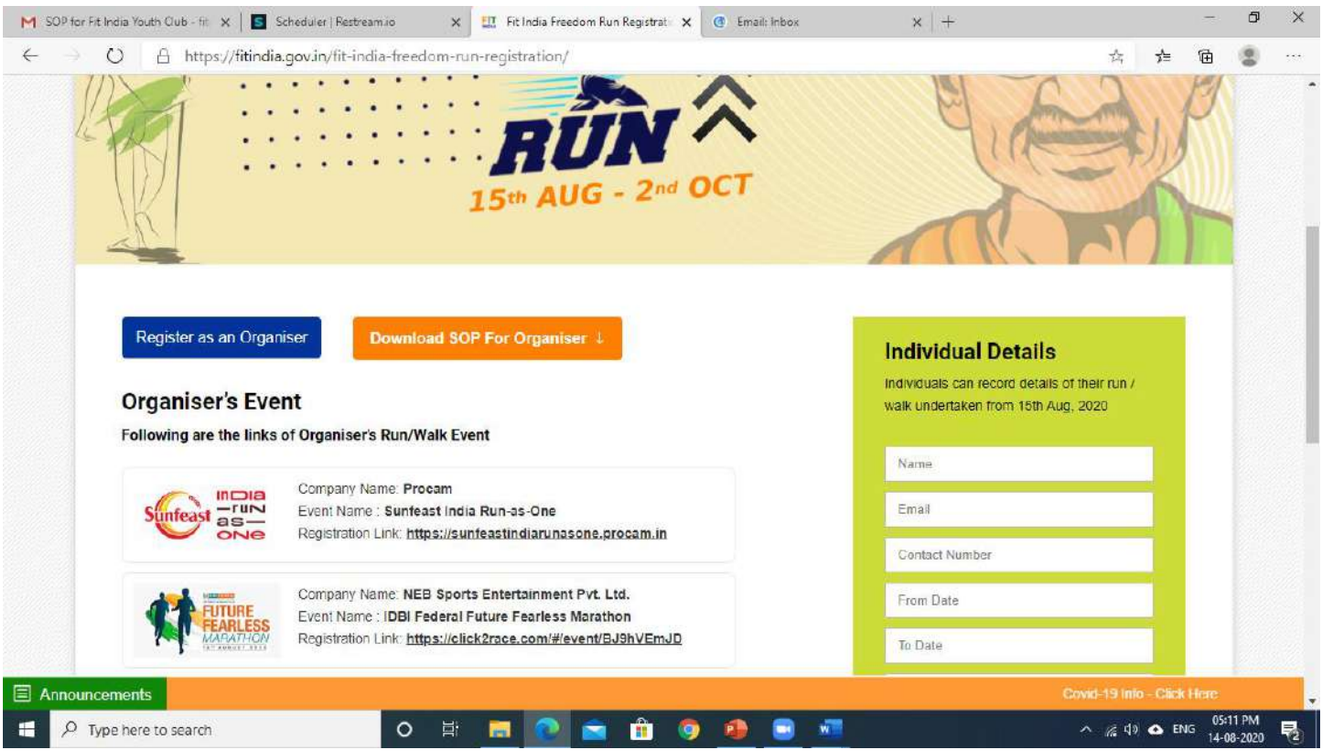
Step-2: Please click on the banner for Fit India freedom Run where it says **Click Here** below screen will appear



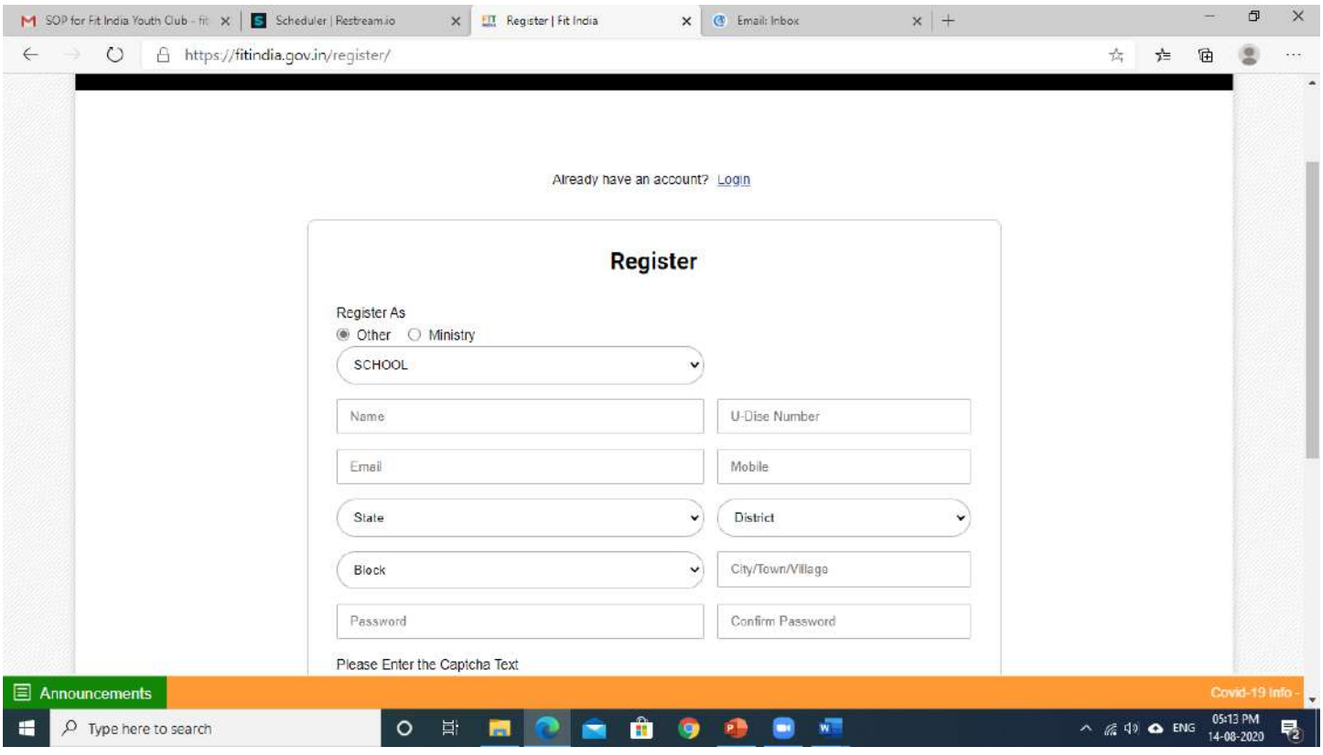
Step-3: Tick the disclaimer and Click on **Organise/Participate**



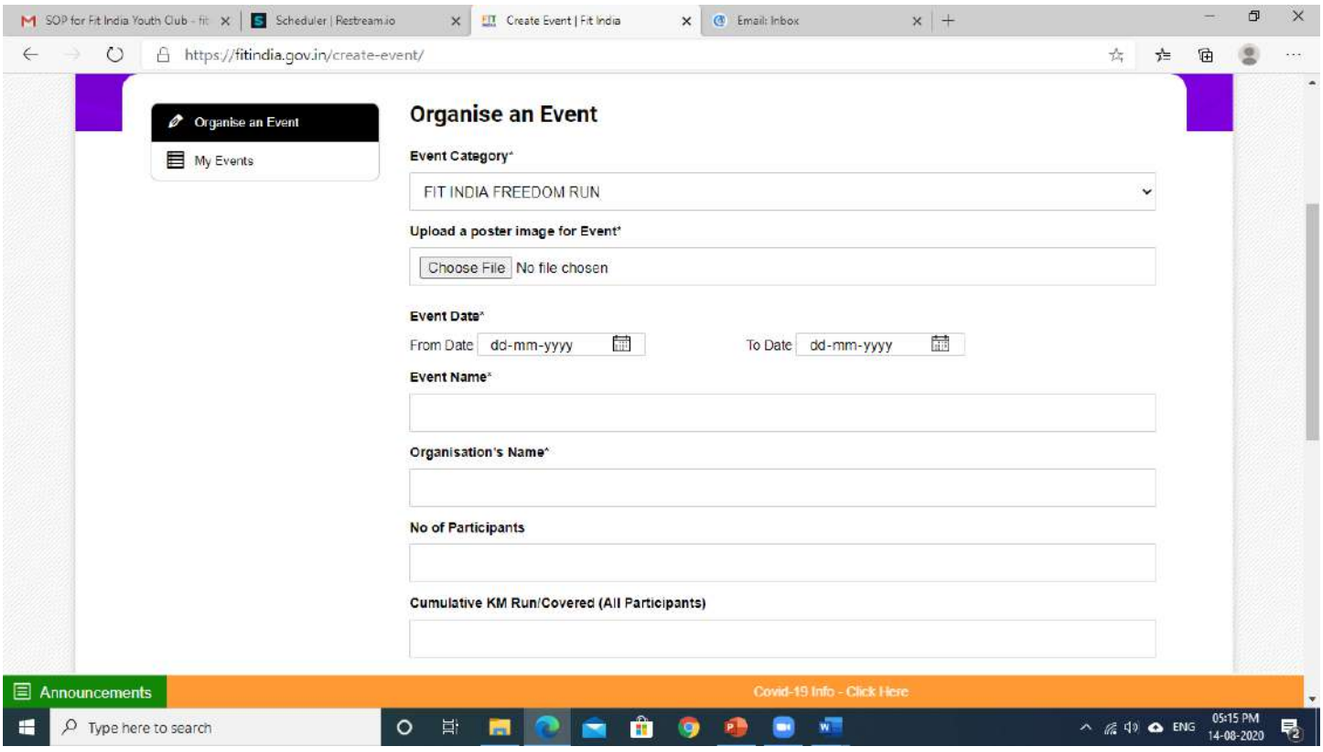
Step-4: Once you click below screen will appear, please click on **Register as an organiser**



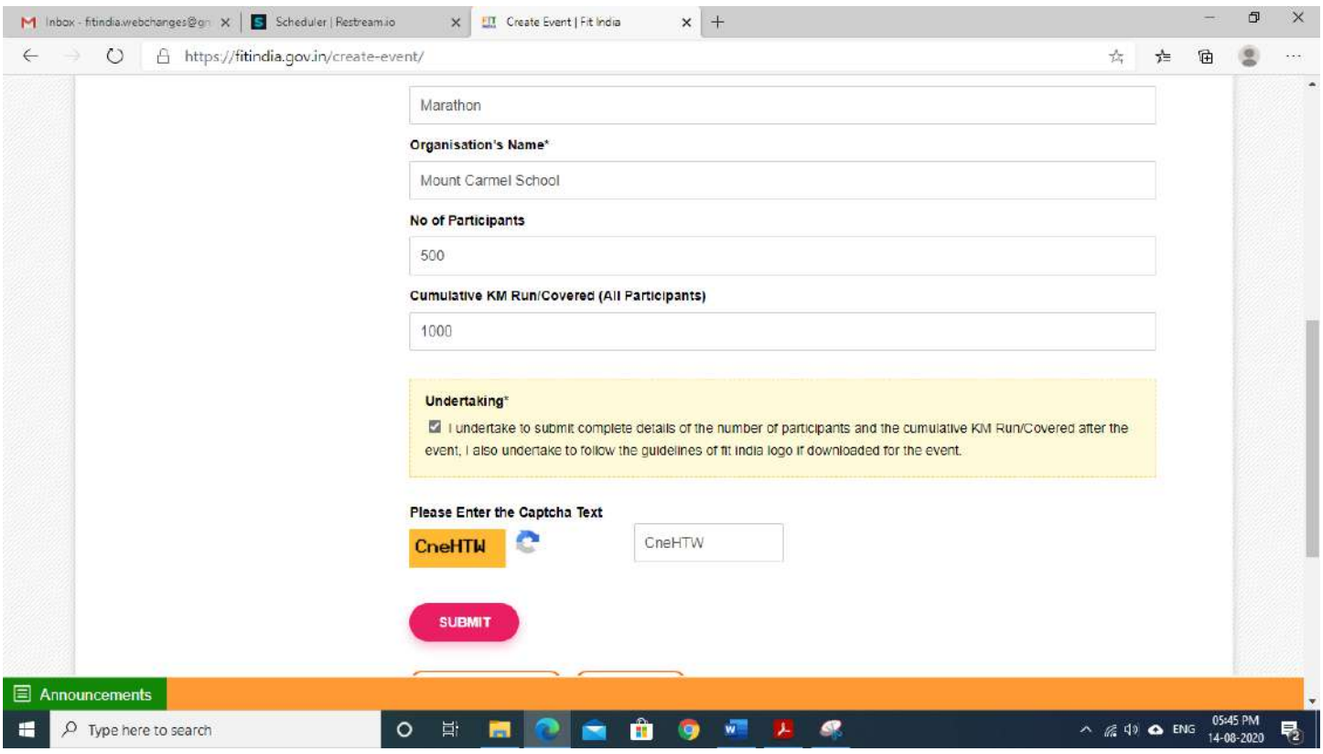
Step-5: If you are already registered user with us you can click on **login** or if you are new user please register yourself as **School**.



Step-6: One you have logged in below screen will appear for organising the **Fit India Freedom Run Event.**



Step-7: Please enter the details of the event and click on **submit** to download the **certificate.**



Government of India
Ministry of Youth Affairs and Sports
FIT INDIA
FREEDOM
RUN
Congratulations to
Shubham
FOR SUCCESSFULLY PARTICIPATING IN
FIT INDIA FREEDOM RUN
From 15th August - 2nd October
www.fitindia.gov.in
This is a digitally generated certificate, based on the information provided by the organiser of the event.